

HEALTH AND WELLNESS CENTER (HAWC)

The HAWC hours of operation are Monday – Friday from 0730-1630. The HAWC is closed from 1200-1300 daily. The HAWC closes the first Thursday (1200-1630) of each month for mandatory training. The HAWC is located inside the McGuire Fitness Center, building 2504. Please stop by for a monthly calendar of events. Please contact the HAWC for more information at (609) 754-2462.

Services Provided:

- Healthy Eating – When you eat healthy food, your body will function better and you will feel better, look better, have more energy, think more clearly, be more alert, lower your risk for cancer, heart disease, diabetes and obesity, and you'll enjoy life more! If this sounds good to you, join us to learn how to eat more healthfully
- Diabetes Nutrition - The program is available to all active duty, dependents, and retired personnel who have been clinically diagnosed with diabetes or pre-diabetes. You will learn how to better manage your diabetes and blood sugar through carbohydrate counting.
- Healthy Heart - This class is for everyone interested in preventing heart disease or has been referred by their provider because of risk factors. You will learn the basics of reducing high cholesterol and high blood pressure. We will discuss lifestyle choices that affect your health. You will learn about blood pressure, good and bad fats, the importance of being active, and medications. (Prospective participants are encouraged to have current cholesterol blood readings done 2 or more weeks prior to class.)
- Gait Analysis - Video analysis of your running stride mechanics. You will receive personalized shoe recommendations based on your foot type. Call the HAWC to schedule your appointment!
- Body Fat Analysis (Bod Pod)- Air displacement technique for measuring body composition has been developed using the same principles as under water weighing. The technique uses air, as opposed to water and is known as air displacement plethysmography (ADP). Subjects enter a sealed chamber that measures their body volume through the displacement of air in the chamber. Body volume is combined with body weight (mass) in order to determine body density. The technique then estimates the percentage of body fat and lean body mass (LBM) through known equations (for the density of fat and fat free mass).
- Tobacco Cessation - This 4-week course will help you be free of tobacco for life! Each session will enlighten and educate you in different areas that will not only reinforce your desire to quit, but will help you develop the necessary skills and confidence to live your life without the need for tobacco. Spouses and partners are encouraged to attend. Medications may be provided to qualifying individuals.

- Noon HAWC Walk - Jump start your exercise program! Walk with a member of the HAWC staff Wednesdays at noon. Weather permitting.
- Running Clinic - Injury prevention contributes to a successful running program. This clinic is designed to help the runner to understand foot type and proper shoe selection in addition to teaching training progression, effective warm-up and cool-down, injury prevention, effective stretching, common running injuries and injury self-treatment. The novice class is for the less than 7 miles/week runner.
- Be Well (Balanced Eating – Workout Efficiently – Live Long) - This is for Air Force active duty and reserve personnel, and *is required for those personnel who scored Unsatisfactory on their Physical Fitness test*. This informative three-hour course covers topics on behavior change, motivation, nutrition, and exercise.
- Strength Training 101 - If you want to lose fat or change your body, one of the most important things you can do is lift weights. Diet and cardio are equally important, but when it comes to changing how your body looks, weight training wins hands down. If you've hesitated to start a strength training program, it may motivate you to learn the basics!
- Physical Training Leader Course - The Physical Training Leader (PTL) course provides a review of the Air Force Fitness Program and certifies AF PTLs to conduct mock fitness assessments and lead unit physical training. This course meets the requirement for PTL training as outlined in the AFI 36-2905.
- Lunch and Learn (various topics) and National Health Observance Events.